

Dear Parents,

With the cold and flu season upon us I have noticed an increase in the coughing and sore throats in our class. Some children have been bringing cough drops from home with them to use when they are having one of these problems. Unfortunately, we cannot allow students to have medicated cough drops at school unless there is a doctor's prescription for them on file at school. Any medications that your child may need to take at school must have a doctor's order for it on file at the office, unless a parent is available to bring the medication to school and administer it to the child.

Due to this, I would like to ask you to not send cough drops to school with your child please. If your child is coughing or has a sore throat, I will encourage him or her to drink more water to soothe their throats. You may send a water bottle from home for them to use if you would like or you can send hard candies, sugar-free are best, for them to suck on to help soothe a dry, itchy throat. I have listed some non-medicated cough drops below that are okay to have at school and several do have sugar-free varieties.

Thank you for your help in this matter as the health and safety of all of our students is very important to us here at Davis School!

Sincerely,

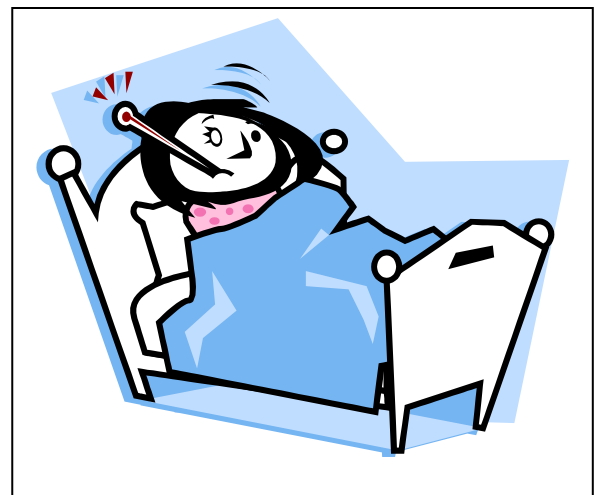
Mrs. Litts

Non-medicated cough drops:

- Halls non-medicated
- Runny Rhino cold relief pops
- Halls Refresh
- Halls Honey Lemon
- Halls Defense Multi -blend
- Cold Eeze zinc
- Halls Fruit Breezers

Other options:

- Water bottle to have at school
- Individually wrapped hard candies to suck on (sugar-free are best)



*I will keep any candies or drops sent to school in baggies with children's names on them to give out as needed.